

Bella SaraTM

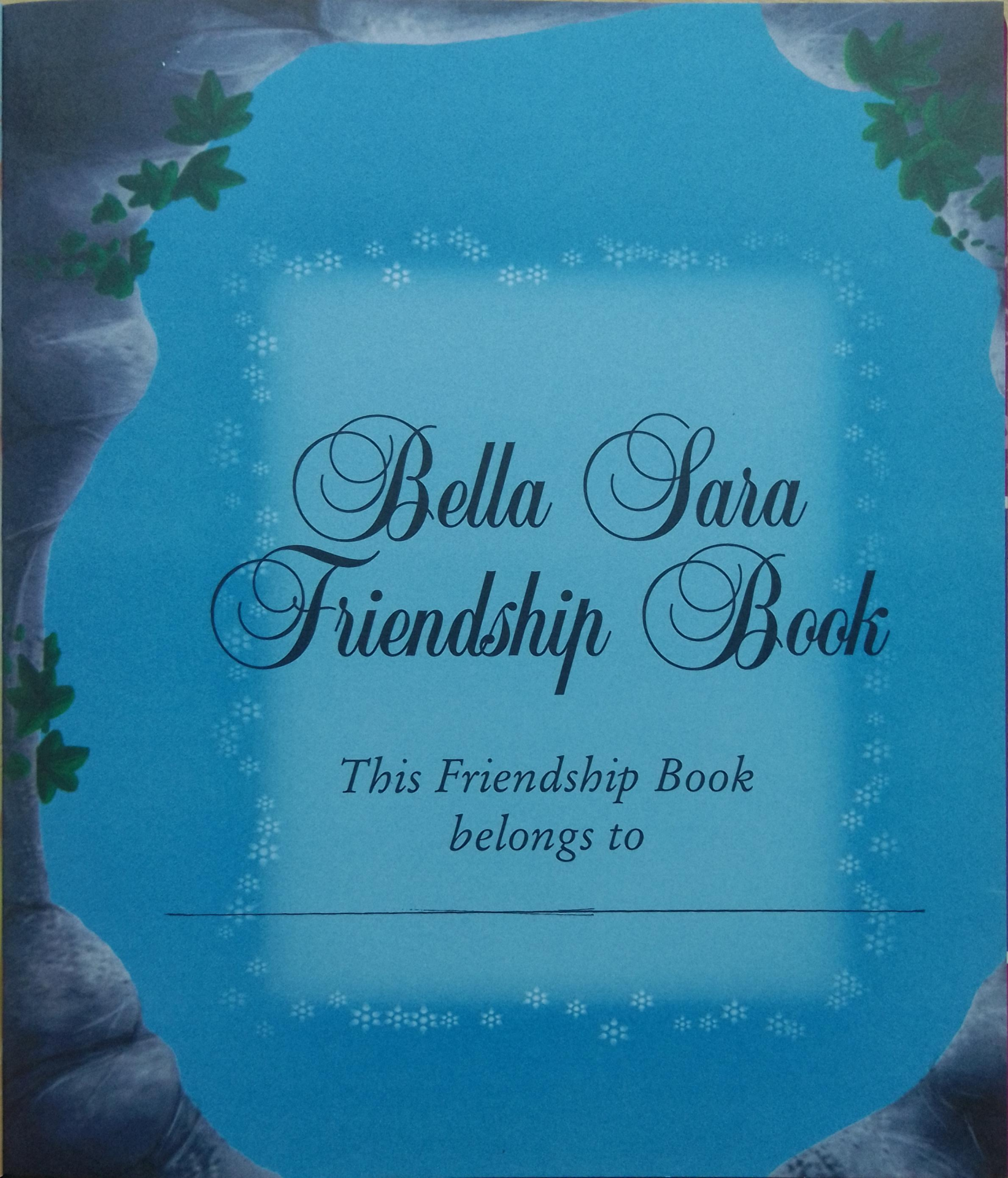


Friendship Book









Bella Sara Friendship Book

*This Friendship Book
belongs to*

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Magical Friends

Poem

By Jesper
Myrfors

Let's begin at the beginning.
I think that way's the best.
So have a seat, sit right down,
And give your feet a rest.

To help you understand
How these creatures
came to pass,
I think that I should tell you
all what happened
in the past.



Sara sat in sadness,
and cried for many years.
Lost in grief, she wept herself
A lake of magic tears.

Her tears turned into clouds,
And fell again as rain.
The sky cried magic
on the land,
and washed away her pain.



When Sara wept her final tear
And had the will to stand,
North of North
was changed for good
Enchantment
soaked the land.

Creatures never seen before
Are now seen every day.
Have all the normal animals
Simply gone away?

Bubble Turtles
swim the streams,
Bobolinks chirp in trees,
And giant three-holed Geyser
Whales ply the shining seas.

The tiny Sweet Pea Reindeer
Of which we all approve
Seems to float quite gracefully
But however does she move?



Rose Dragons rule the garden –
Luv Buds fill the branch –
And Chucklepucks do play
With all the horses on the ranch.



See the dancing
Twinkle Imps
In that forest clearing?
And those right
there are Citrustacks –
A creature most endearing.

If you get cold while wandering,
Let Yarn Yaks keep you warm.
Nothing in this whole wide world
Ever means you harm.

Each and every creature here
is really rather nice,
from gentle Tea Leaf Pandas
to teensy Tassle Mice.



Ivy Dragons dwell in wells,
Lotus Hedgehogs bask on shore.
But, if you think you've seen them all
I'll show you many more.



But ah the sun is going down.
The hour's getting late.
I hear your mother calling
By the open garden gate.

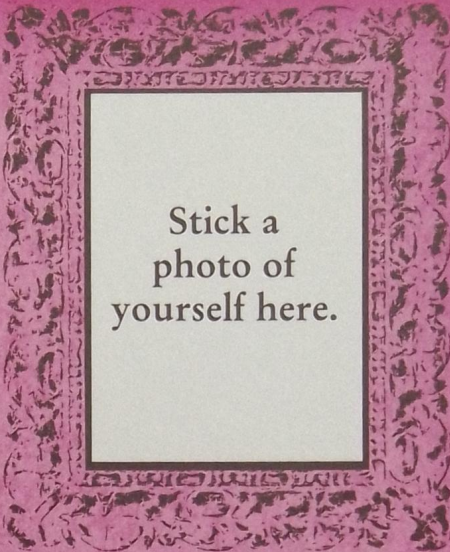
Please come again tomorrow –
unless you think that I'm a bore.
Then I will take you on a trip
And show you many more.





Be the hero in your own story.

All About Me



Stick a
photo of
yourself here.

Use these pages to record information about yourself.

My name is _____

I am _____ years old

I have _____ hair and _____ eyes

My birthday is _____

This means my star sign is _____

And I was born in the Chinese Year of the _____

(check the horoscopes chapter on page 102 to find out more.)

I live in _____ with _____

My very best friend is _____

I have collected _____ Bella Sara cards so far.

More About Me

*These are a few of my favourite
(and not so favourite) things!*

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Favourite colour _____

Favourite food _____

Favourite drink _____

I can't stand eating _____

Favourite band _____

Favourite song _____

Least favourite band _____

Most annoying song _____

Favourite sport _____

Favourite animal _____

Favourite book _____

A book I just can't finish is _____

Favourite website _____

Favourite television show _____

The best film I have ever seen is _____

I love the smell of _____

I am scared of _____

The coolest thing I have ever done is _____

In my spare time I like to _____

Even More About Me

The most embarrassing thing I have ever done is _____

I secretly fancy _____

If I could visit North of North, I would _____

One thing I am really good at is _____

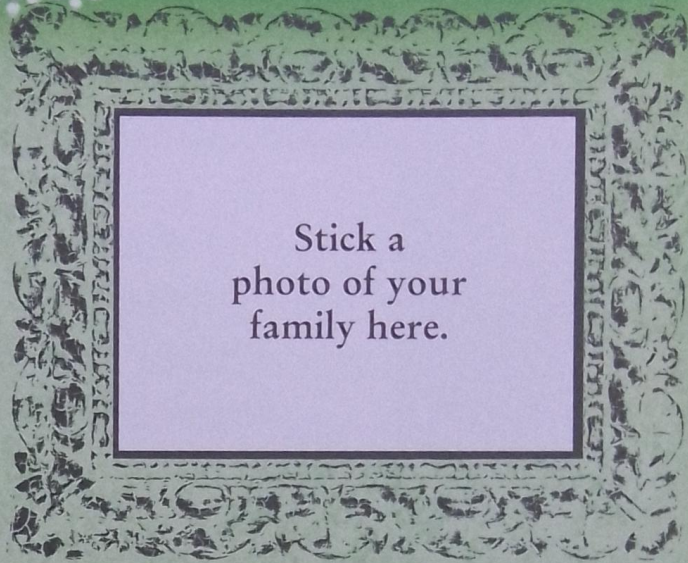


*Value your strengths and
they will grow.*



*Learn more about your family.
You will feel closer to them.*

My Family



Use these pages to learn more about some of the people in your family, by asking them these questions and any others you can think of.

Name _____

Relationship to you _____

Age _____

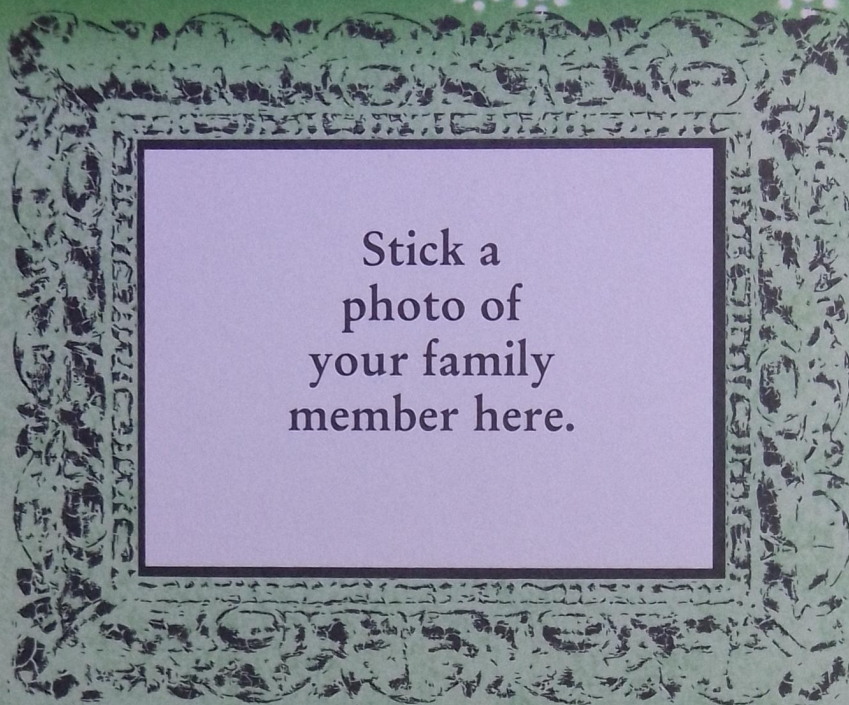
Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be?

If they could travel to anywhere in the world, where would they go?



Name _____

Relationship to you _____

Age _____

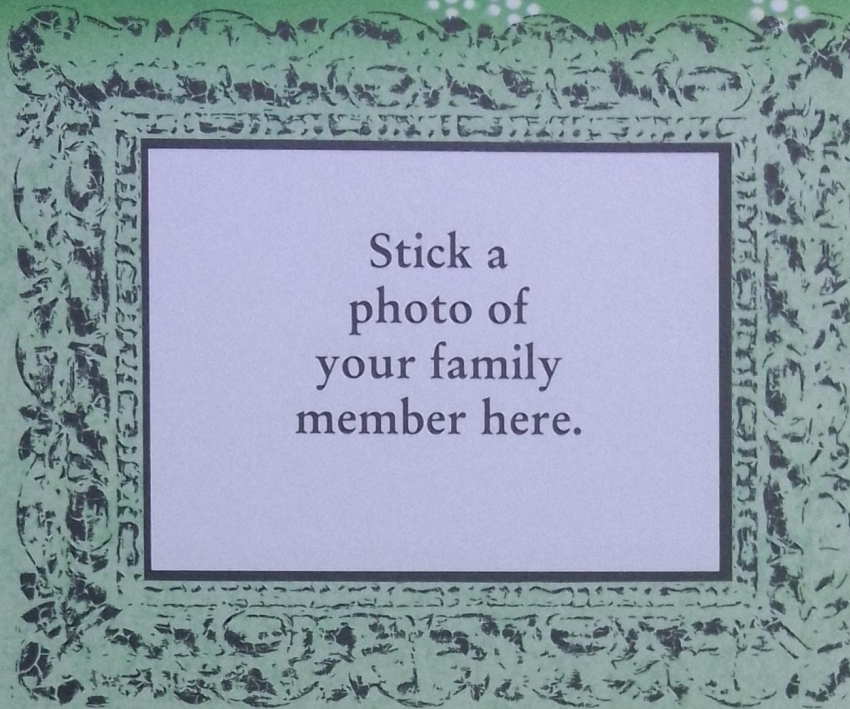
Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be? _____

If they could travel to anywhere in the world, where would they go?



Name _____

Relationship to you _____

Age _____

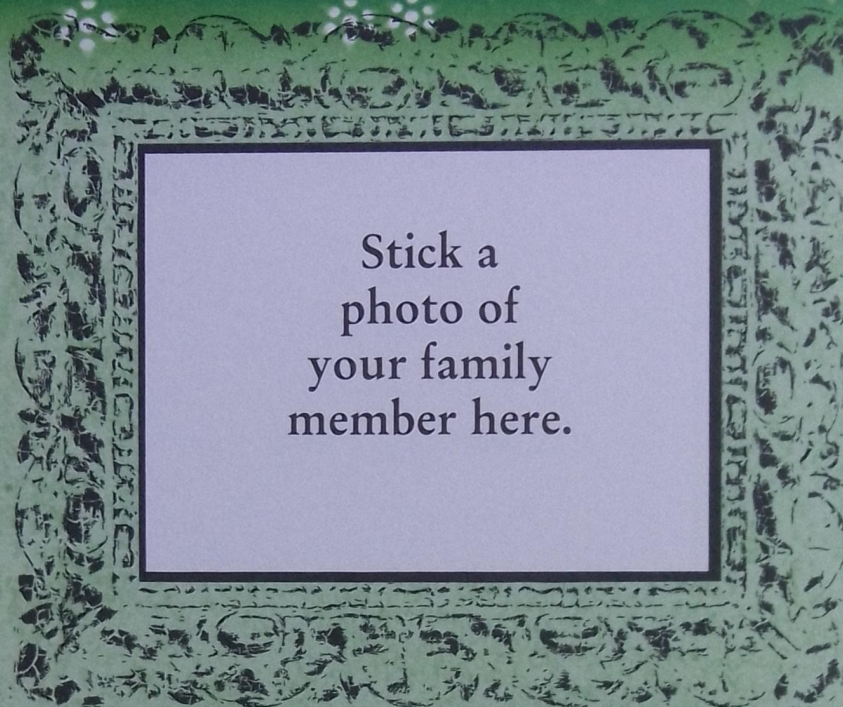
Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be? _____

If they could travel to anywhere in the world, where would they go?



Name _____

Relationship to you _____

Age _____

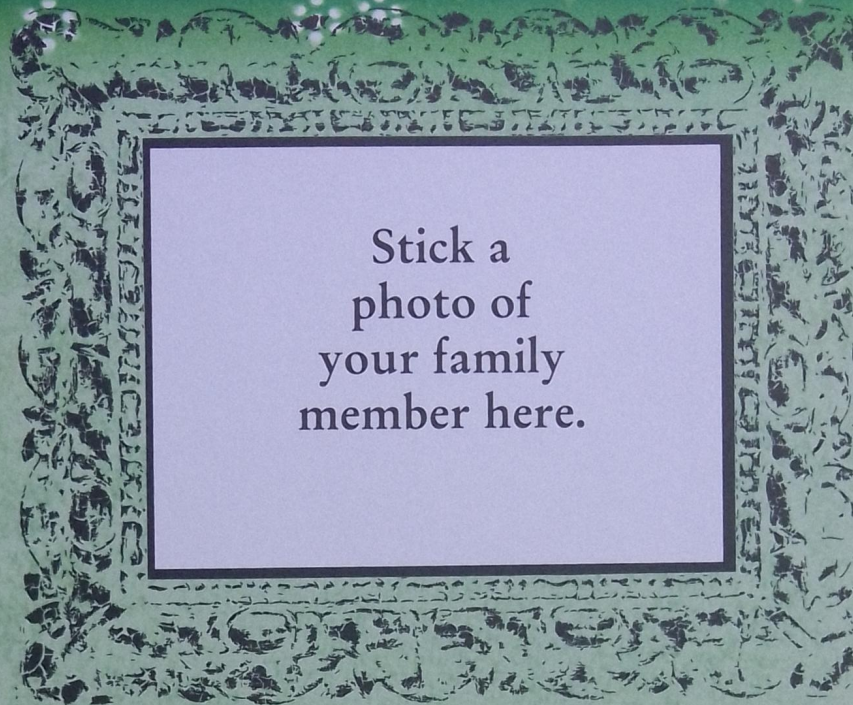
Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be? _____

If they could travel to anywhere in the world, where would they go?



Name _____

Relationship to you _____

Age _____

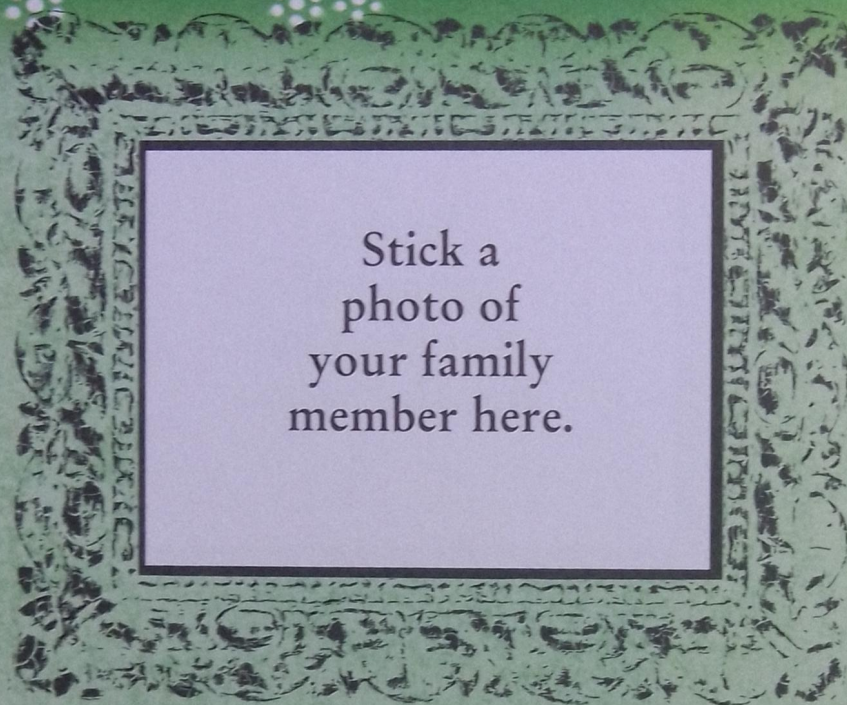
Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be? _____

If they could travel to anywhere in the world, where would they go?



Name _____

Relationship to you _____

Age _____

Where were they born? _____

What do they do? _____

What's the most exciting thing they have ever done?

If they could have one wish, what would it be? _____

If they could travel to anywhere in the world, where would they go?



*Know that you are loved
for who you really are.*



*Being happy helps your
friends feel happy too.*

Magical Friends

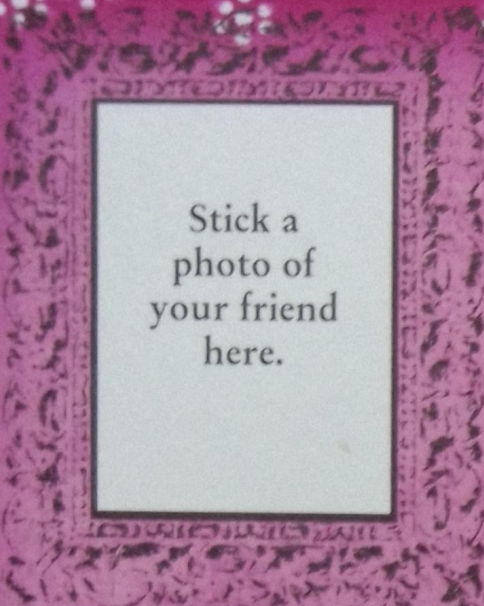
The magic in North of North was not created by Sara, but when her parents died, her tears flowed into Teardrop Lake and the waters of the lake spilled over into Naastrand Sound. Her tears evaporated into clouds that rained a new kind of enchantment down over the whole world. Magic is a strange and wonderful thing. It can shape a tree into a house or put tassels on a mouse, and this is exactly what happened to some of the animals in North of North.

When the creatures of the world drank the water, a magical connection formed between some of the horses and animals being born at the same time. When this bond happened, horses were attracted to a certain animal no matter how far away they were born and animals shared that

connection with a single horse. Once the magical friends found each other, a bond was formed that linked them forever. The horse would protect and help their friend and the animals would do their part to help and care for the horse.

Many diverse friendships formed all over North of North, from the depths of the deepest ocean to the heights of the tallest mountain. The magic they shared strengthened and brought joy to the world of North of North in the dark times that would come.

Like the horses and their magical friends in North of North, our friends are there for us through all the good times and the bad. Use the following pages to record information about all your own Magical Friends!



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Anemone and Whiffle Bear

Together the Whiffle Bears and Anemone herd clouds. They can send rain clouds over farms and keep them away from picnics!

Favourite film _____

Favourite television show _____

Favourite band _____

Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever _____

Coollest thing they have ever done _____



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

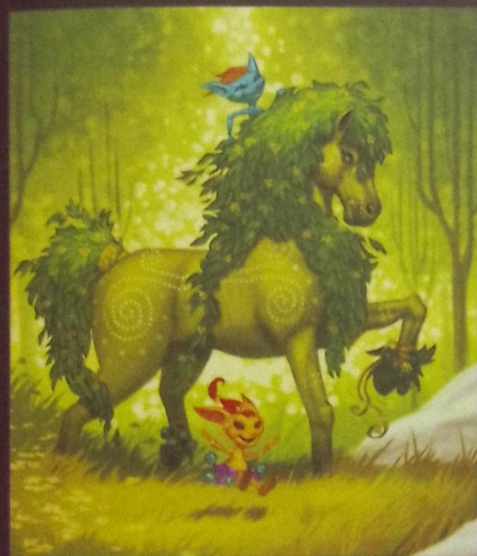
Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Beran and the Twinkle Imps

Wherever Beran and the Twinkle
Imps go, the snow melts and
spring appears.

Favourite film

Favourite television show

Favourite band

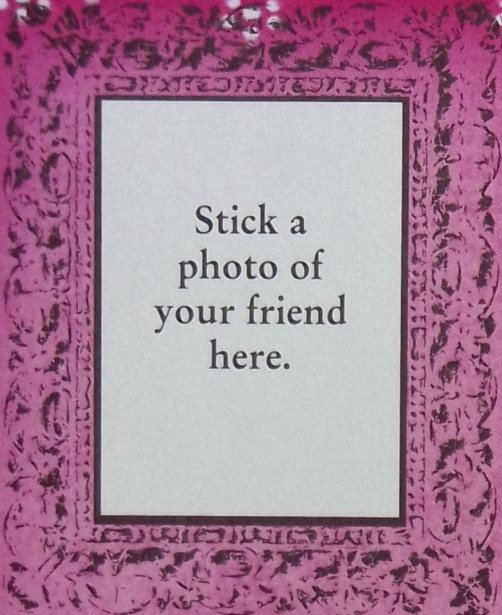
Favourite song

Secret crush

Magical skill

Most embarrassing moment ever

Coollest thing they have ever done



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

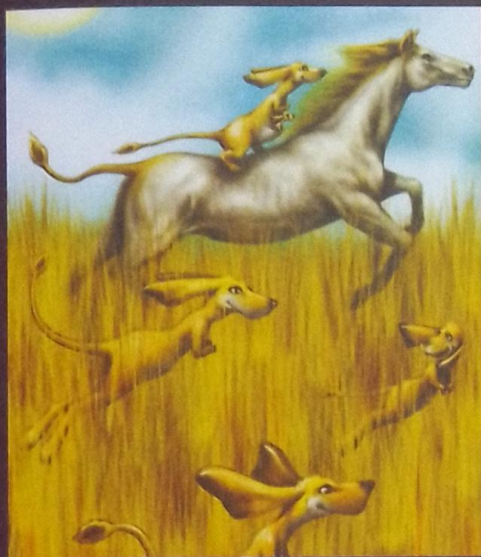
Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Brumby and the Hounderoos

Brumby and the Hounderoos
love to race each other!

Favourite film _____

Favourite television show _____

Favourite band _____

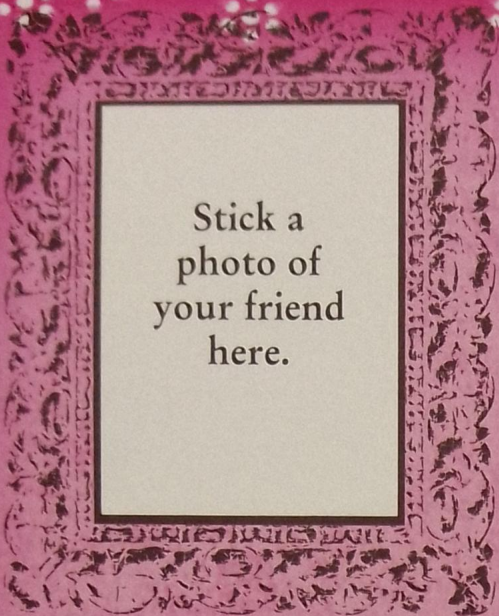
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever _____

Coolest thing they have ever done _____



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Edana and the Fire Spoops

When Edana shared her magical heat with the Fire Spoops, it released them from the lava vents on the ocean floor.

Favourite film _____

Favourite television show _____

Favourite band _____

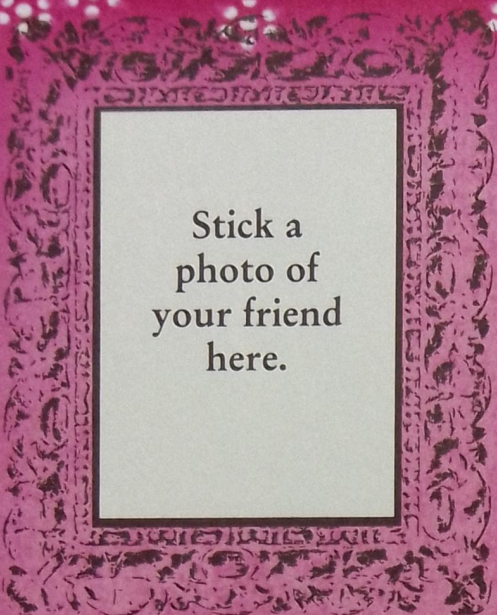
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever _____

Coolest thing they have ever done _____



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Faxon and the Pipsqueak Longtails

Faxon helps his friends gather
acorns and berries for their
winter sleep.

Favourite film _____

Favourite television show _____

Favourite band _____

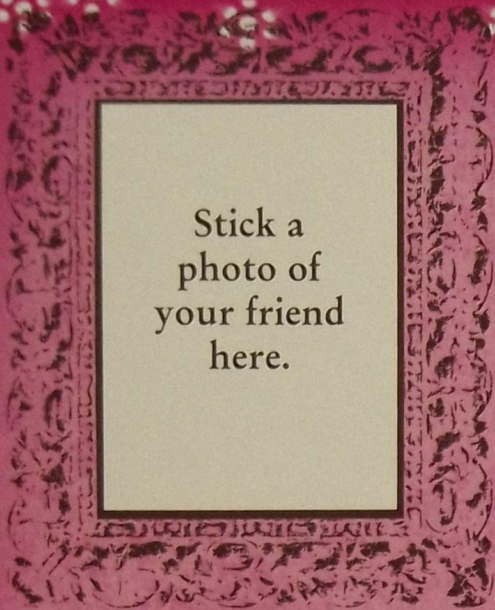
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever

Coollest thing they have ever done



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Kounari and Pizazzupine

Kounari and the Pizazzupines love doing special favours for their friends.

Favourite film _____

Favourite television show _____

Favourite band _____

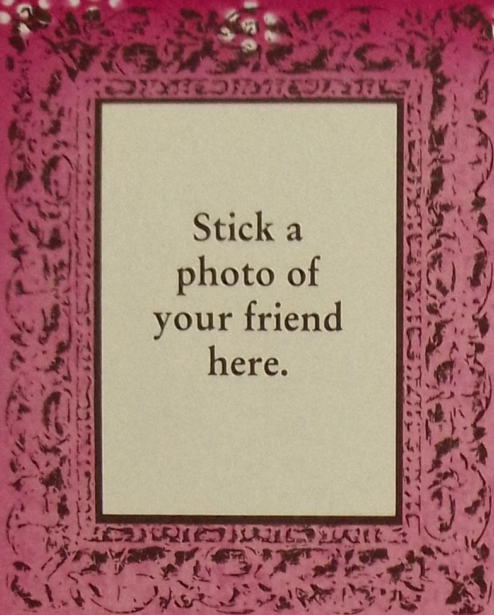
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever _____

Coollest thing they have ever done _____



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Lien and Lotus Hedgehog

Lien appears as a giant lotus
when she spends time with her
Lotus Hedgehog friends.

Favourite film _____

Favourite television show _____

Favourite band _____

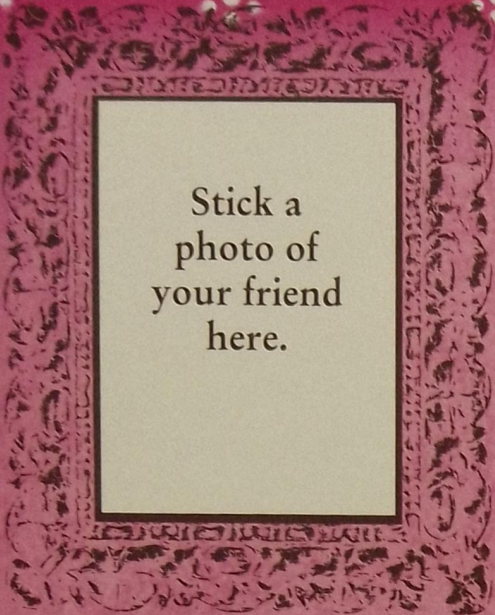
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever

Coollest thing they have ever done



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Sleetmane and Glowball Pooch

The Glowball Pooches help
Sleetmane forage for vegetation
beneath the snow.

Favourite film _____

Favourite television show _____

Favourite band _____

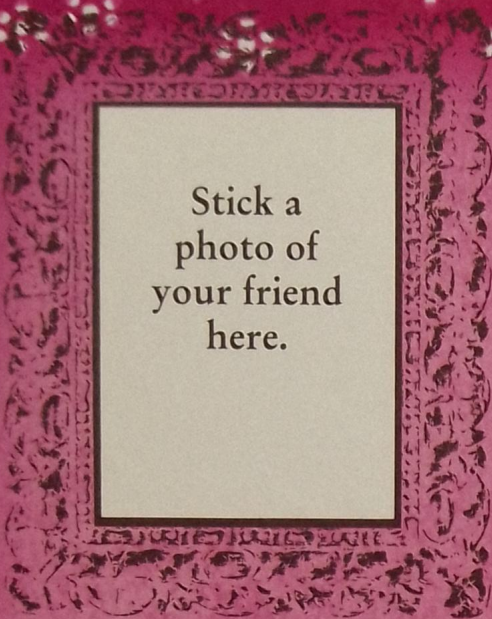
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever

Coolest thing they have ever done



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Ondine and Bubble Turtle

Ondine and the Bubble Turtles
use their bubbles to fly!

Favourite film _____

Favourite television show _____

Favourite band _____

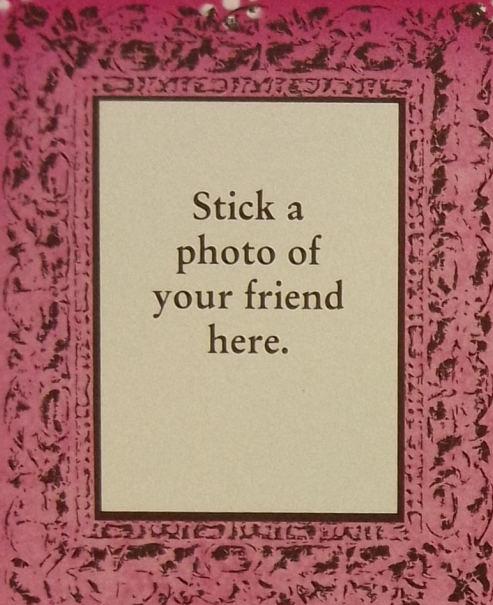
Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever _____

Coolest thing they have ever done _____



Stick a
photo of
your friend
here.

All About...

Name _____

Age _____

Birthday _____

Star sign _____

Born in the Chinese Year of the _____

Where we met _____

Favourite Bella Sara horse _____

Favourite Magical Friend _____

Number of Bella Sara cards collected _____

Favourite animal _____

Favourite food _____

Favourite drink _____



Phoenix and Cowlick Grouse

Phoenix and the Cowlick
Grouse love to dance together!

Favourite film _____

Favourite television show _____

Favourite band _____

Favourite song _____

Secret crush _____

Magical skill _____

Most embarrassing moment ever

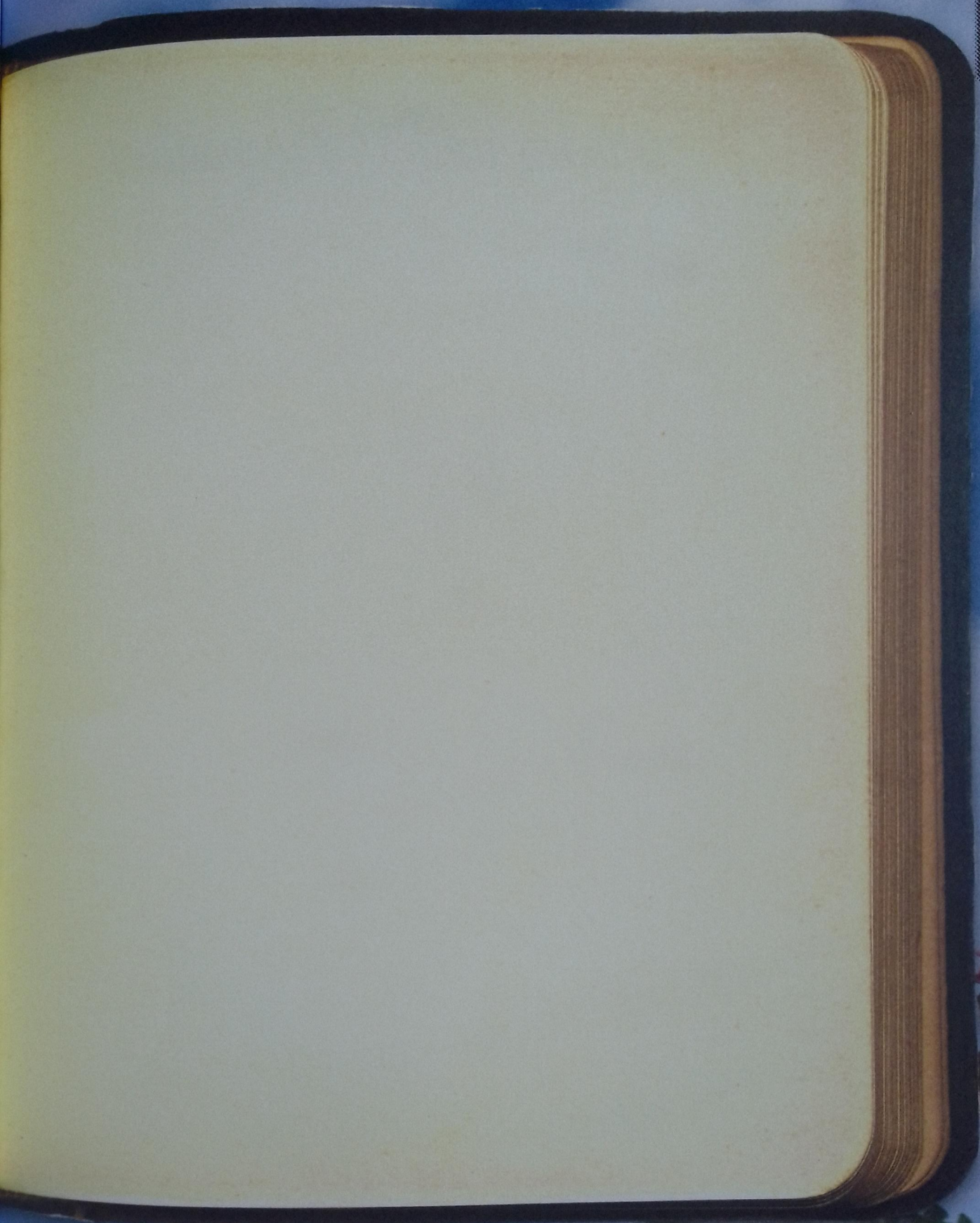
Coolest thing they have ever done



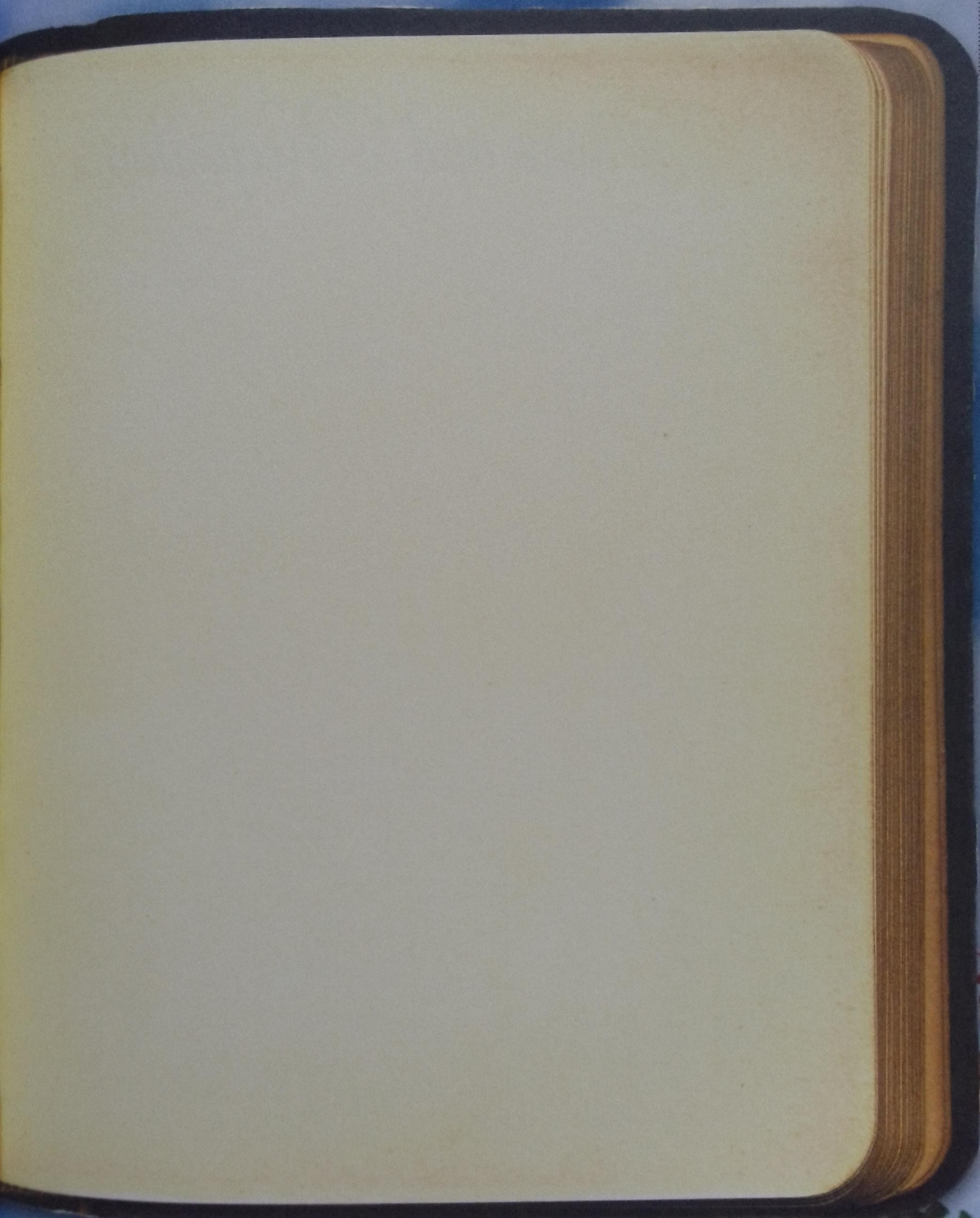
Photos and Keepsakes

Use these pages to stick in photos of you and all your friends, notes and postcards they have sent you and tickets to places you have been together.

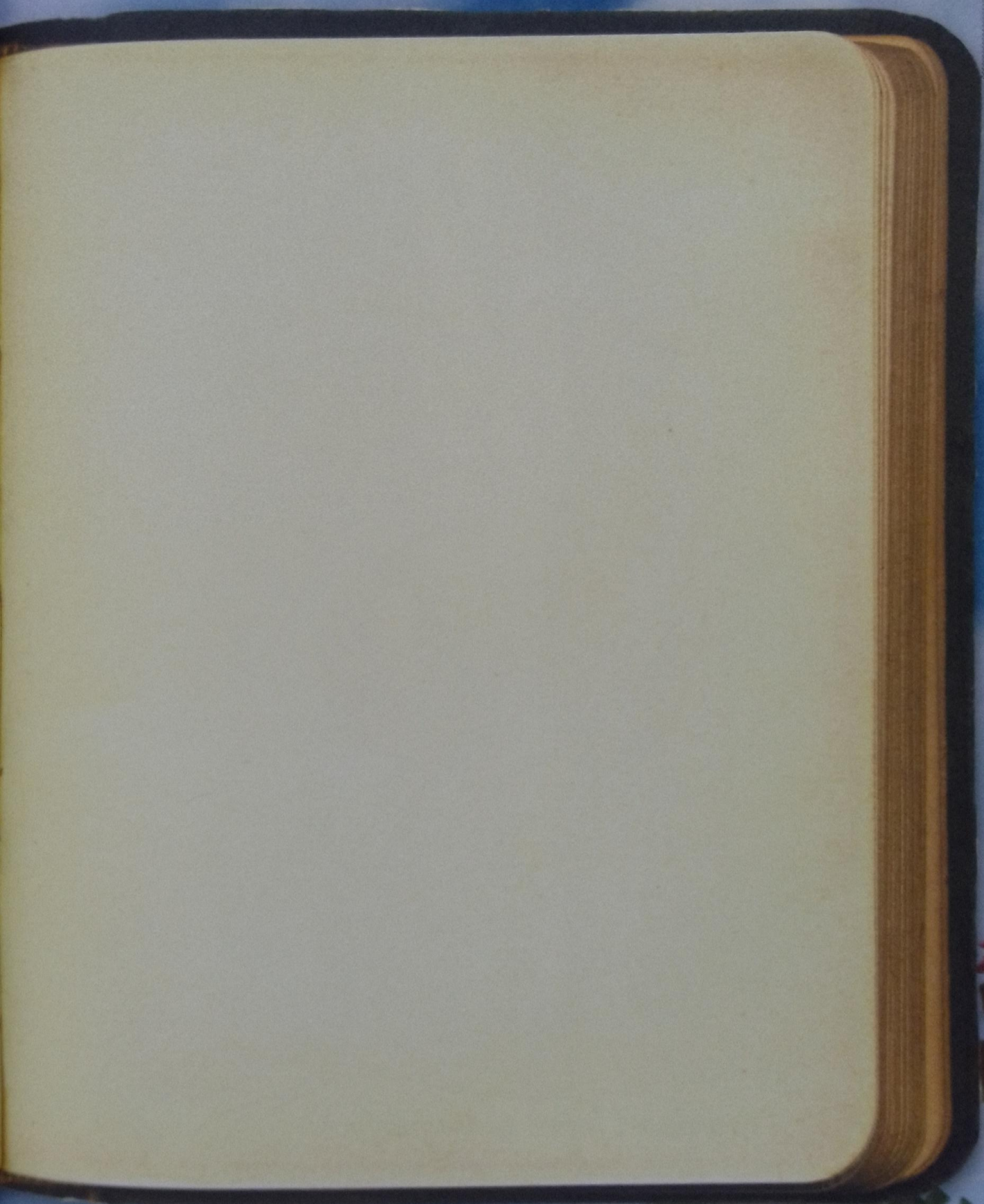
Photos and Keepsakes



Photos and Keepsakes



Photos and Keepsakes





*You don't have to be perfect.
Do your best and you will be just right*

Friendship Quiz

Answer A, B or C to each of the following questions to see what sort of friend you are! When you have answered all the questions, count how many times you have answered with each letter, then look at the answers page to learn more about yourself.

1. THERE'S A NEW GIRL IN YOUR CLASS AT SCHOOL. DO YOU:

- A. Rush to make friends with her?
- B. Wait to see if she approaches you?
- C. Be friendly when someone else in your group introduces you?

2. AT A PARTY, WOULD YOU BE:

- A. Mingling with everyone there?
- B. Sitting in a corner talking to your best friend?
- C. Dancing with all your friends?

3. YOUR FRIEND HASN'T DONE HER HOMEWORK
AND NEEDS YOUR HELP. DO YOU:

- A. Give her yours to copy, no questions asked?
- B. Help her to do it and ask why she
hasn't been able to get it done?
- C. Suggest you all set up a homework club to work together?

4. IT'S YOUR FRIEND'S BIRTHDAY.
WHAT DO YOU BUY HER?

- A. Whatever you would like for your birthday.
- B. Something you know she wants – you've been
paying attention to what she likes.
- C. A group present from all of you.

5. HOW QUICKLY DO YOU REPLY TO EMAILS OR TEXTS FROM YOUR FRIENDS?

- A. Straight away, I love to chat!
- B. After my homework is finished and I can relax.
- C. As soon as I have the time, I'm so busy!

6. YOUR FRIEND ASKS YOUR ADVICE ON AN OUTFIT THAT REALLY DOESN'T SUIT HER. WHAT DO YOU TELL HER?

- A. Yuck! It makes you look awful!
- B. It's not the best look for her, and suggest an alternative.
- C. Let's get together and have a clothes-swap party.

7. YOU HAVE A SECRET. DO YOU:

- A. Tell everyone? A secret's no fun unless it's shared!
- B. Keep it to yourself? That's what secrets are for.
- C. Try and find out if anyone else knows, without giving it away yourself?

8. A FRIEND WANTS TO GO AND SEE A FILM, BUT YOU'RE NOT INTERESTED IN IT. DO YOU:

- A. Complain until she goes to see what you want to see instead?
- B. Go along and see it, it might be ok after all?
- C. Get the gang together?
The film might be rubbish, but at least it's fun to see everyone.

9. THE SCHOOL BULLY HAS BEEN PICKING ON YOUR FRIEND. DO YOU:

- A. Confront them? Nobody picks on your friends and gets away with it.
- B. Speak to your friend and encourage them to tell a teacher or parent?
- C. Make sure one of you is always with them, so they are never alone to be bullied again?

10. YOU AND YOUR FRIEND HAVE A CRUSH ON THE SAME BOY. DO YOU:

- A. Fight for him? All's fair in love and war...
- B. Let her have him if it will make her happy?
- C. Decide that you'll both let him go? Friends are more important than boys.

Quiz Answers

MOSTLY A's:

You're the life and soul of the party and always fun to have around! You'll do anything for your friends and are quick to make new ones, too. You're open and honest and always ready with your opinion. Don't forget to sit back occasionally and listen to what your friends have to say though – they might not be as out-going as you, but their feelings are just as important as yours.



Let others make their own choices in life.

MOSTLY B's:

You can be quiet and shy at times but you are always there for your friends. You're always kind and keen to help wherever you can. Remember that you don't have to always put your friends' needs before your own – if you talk to them, you'll discover they care just as much about you and you can compromise so that you're both happy.



You can always get the help you need. Just ask for it.

MOSTLY C's:

You have lots of friends and love to be part of the gang. You're always the first to organise a get together and make sure everyone is included in all your plans. You like to get people working as a team to solve problems. Trust your own feelings though, you don't need to know everyone else's opinion before you can form your own.



Trust yourself to find the path that's right for you.



*Spend time with true friends
who understand you.*



Learning feeds your sense of wonder.

School Days

Fill in the following pages
about your school, teachers
and favourite classes.

My school is called _____

I am in Year _____

My teacher is _____

I think he/she is _____

I sit next to _____ in _____ class

My favourite subject is _____

My least favourite subject is _____

I am really good at _____

I need more practise at _____

Report Cards

Here's your chance to rate all your different subjects!

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

SUBJECT _____

TEACHER _____

Rating ★ ★ ★ ★ ★

COMMENTS _____

Creative Writing Class

Use these pages to write your own Bella Sara Magical Friends story. Choose a horse or imagine a new one, then create a Magical Friend for it. Think about how they met each other, where they live in North of North and the things they do together.





Art Class

Use this page to illustrate your story with a picture of the Magical Friend you have created. Take a look at some of the strange and beautiful creatures throughout this book and be inspired to design your own.



*When you try something new,
you learn and grow.*



*Close your eyes and imagine
your wildest dreams.*

Future Dreams

Sara will always remain a child goddess in the magical world of North of North, but most of us have to grow up one day! Use the following pages to imagine the future for you and your friends.

I would like to
live in...

When I grow up...

I want
to be...

My hobbies
will be...

I will still be
friends with...

I'd like to
study...

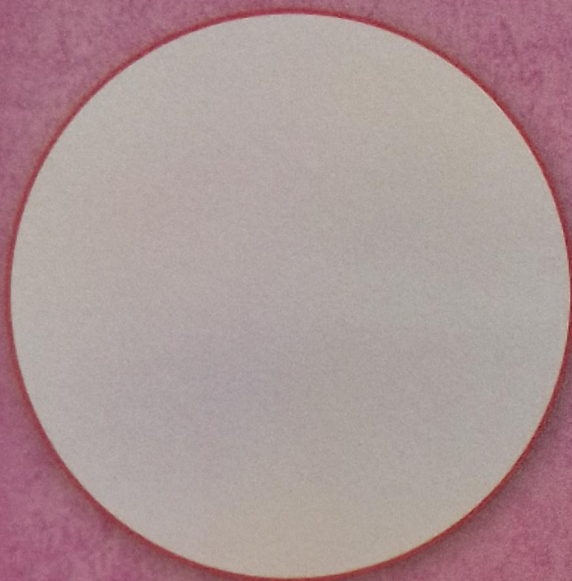
I will go on
holiday to...

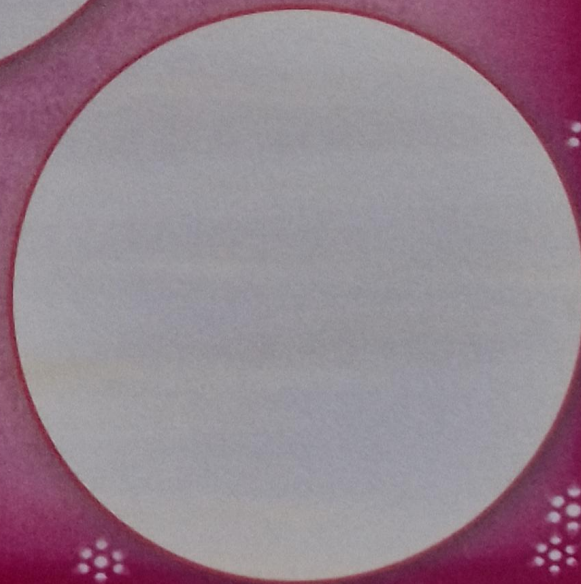
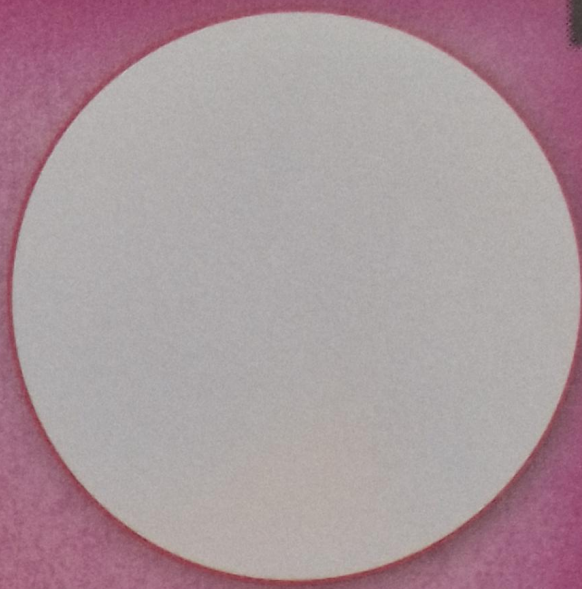


*Accept the past and move on to
wonderful new things.*

Future Friends

Use this page to draw pictures of yourself and all your friends in ten, twenty or even thirty years' time! What do you think you will look like? How will you have your hair cut? What will the fashions of the future be like?





Make a Time Capsule

Why not get together with your friends and create a time capsule to store all your hopes and dreams for the future in?

YOU WILL NEED:

- A large jar or tin with a lid
- Parcel tape
- A plastic bag
- Marker pen
- Contents for the capsule



1

Start by cleaning the jar or tin and making sure it is completely dry. Any moisture inside the capsule may damage the objects you put inside it.

2

Get each of your friends to write a letter to their future selves. What do you all want to happen in your lives? Where will you live? What will you become? Don't forget to put the date on the letters, so you can see when you wrote them. Seal the letters and add them to the capsule.

3

Decide what else you want to put in the time capsule. You could add photos, music, maybe even a Bella Sara card. Ask each of your friends to add something that represents the time you live in now. Make sure you don't include any food or anything else that might rot.

4

When your capsule is full, put the lid of the jar or tin on tightly and seal it with parcel tape.

5

Put the capsule in the plastic bag and wrap it with more tape. This should stop any water getting into your capsule.

6

Use the marker pen to label your time capsule. Pick a date in the future that it is not to be opened until. Aim for at least ten years.

7

Decide who will look after the capsule and keep it somewhere safe. Remember to arrange to meet up again in many years time to see what you thought the future would bring!



Top Ten Dreams

Make a list of all the dreams you hope to come true in the future. Don't forget to include things you would like for your friends and family, as well as yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*Wish only for what
you really want.*





*Change is part of life.
Learn to enjoy it.*



*Look for help and you will
find it all around you.*

Friendship Gifts

The Magical Friends and horses of North of North love to help each other, and often do so by finding things for their friends. The Tassel Mice help Mireldis by finding ingredients for the concoctions she brews in her cauldron, and Ceratos and the Bobolink can often be seen searching for Plumberries together.



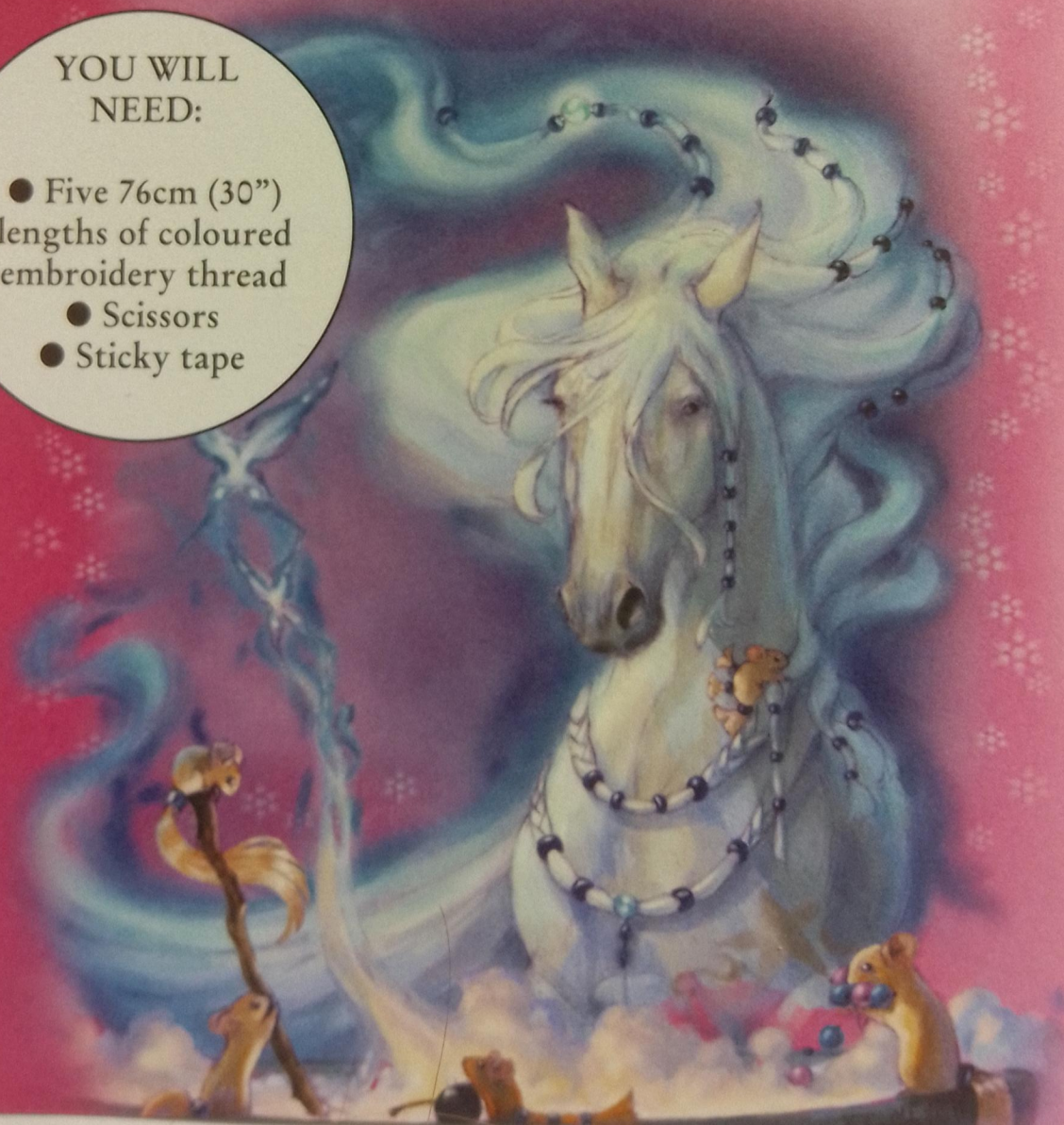
There are lots of nice things you can do for your friends, too. Show them how much you care by making them a card or gift. Don't just save them for birthdays and Christmas – it's always nice to give and receive a friendship token.

Friendship Bracelets

Mireldis' Magical Friends are the Tassel Mice. The Mice cleverly weave tassels into their fur and tails, and love to braid Mireldis' mane and tail. Why not create braids for your friends, by making them each one of these simple friendship bracelets?

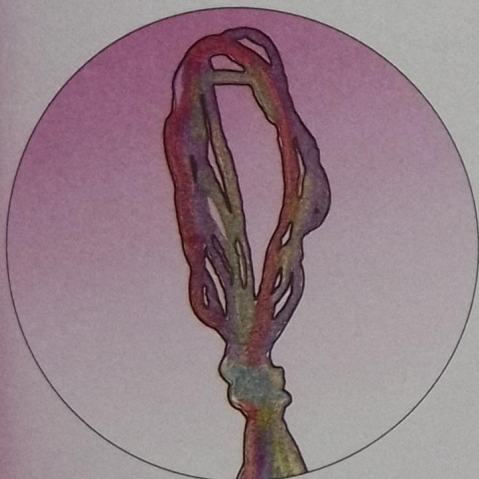
YOU WILL NEED:

- Five 76cm (30") lengths of coloured embroidery thread
- Scissors
- Sticky tape



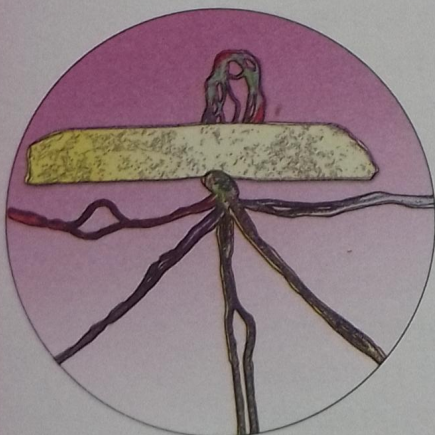
1

Group the threads together and fold them in half, so there is a loop at the top. Tie a knot near the top.



2

Tape the knotted end to a table or flat surface, to stop it moving around while you weave the bracelet.



3

Put each pair of matching coloured threads together and spread them out as shown.

4

Take one of the outer pairs of threads and cross it over the two next to it. Do the same with the outer pair of threads on the opposite side.

5

Keep going in this way, pulling the threads tight as you go.

When it is long enough to fit around your wrist, tie all the threads together in a knot. Trim off any excess threads.



This is a very easy plaited design, but there are many others you could experiment with. You could even try adding ribbons or beads into your bracelet.

Pressed Flower Crafts

Pressed flowers can be used to make all sorts of pretty gifts for your friends. Don't forget to ask permission before picking flowers from gardens and parks.

YOU WILL NEED:

- At least two sheets of blotting paper
- Heavy books
- Flowers, leaves and grasses

1

Pick the flowers you would like to press. Leaves and grasses can be pretty, too. Try and pick the flowers on a dry day. Smaller flowers are easier to press.

3

Cover them with a second sheet of blotting paper. Carefully place them in the middle of a heavy book. Pile some more books on top of it and leave for several weeks.

2

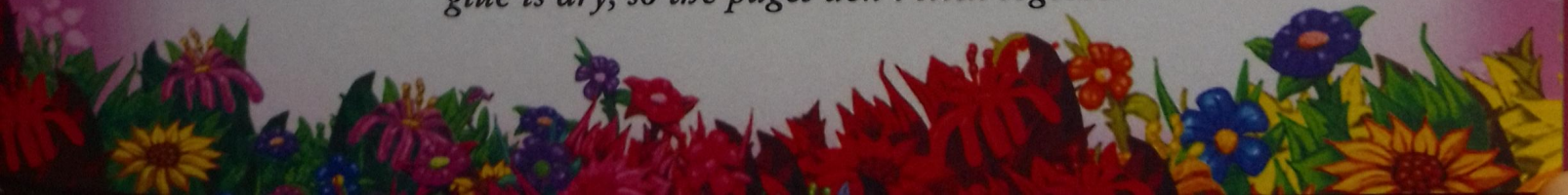
Place the flowers on a sheet of blotting paper. Make sure they are not too close together.

4

You can use the finished pressed flowers to create cards, bookmarks, invitations and pictures, or decorate keepsake boxes or journals.



*Use this page to make a pretty picture with your pressed flowers.
Carefully glue them into place. Make sure you leave the book open until the
glue is dry, so the pages don't stick together.*

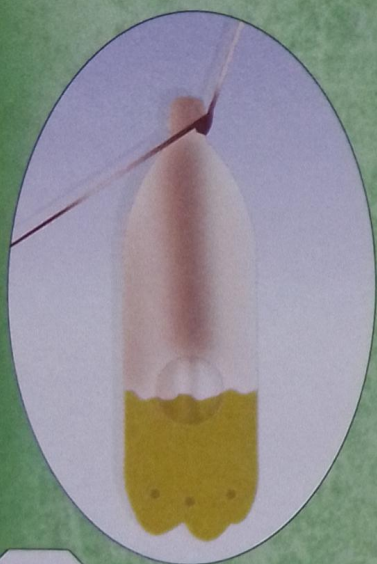


Bird Feeder

Bring Magical Friends to your garden or a friend's with this recycled bottle bird feeder.

YOU WILL NEED:

- An empty plastic bottle or juice carton
- Scissors
- Sandpaper
- String
- Bird seed



1

Make sure the bottle or juice carton is clean and dry.

2

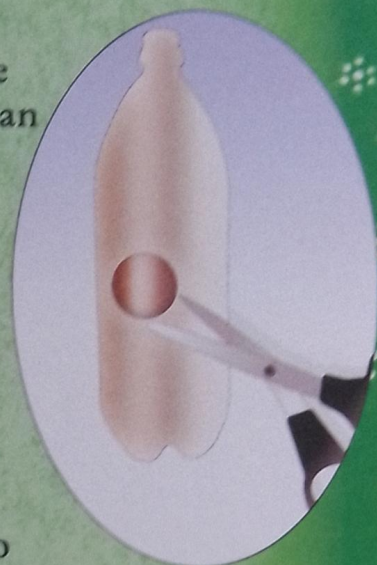
Ask an adult to help you cut a hole in the side of the bottle or carton, about two inches from the bottom.

3

Use the sandpaper to smooth any rough edges.

4

Poke a couple of tiny holes in the bottom of the bottle or carton. This will let any rain water drain away.



5

Tie the bird feeder to your washing line or a tree branch, then fill with seeds.

6

Sit back and watch as your magical friends come to feed.





*When someone does something
nice for you, enjoy it!*



*You can choose this moment
to change yourself.*

Important Dates

Use the calendar pages to record birthdays and other special days to remember.

JANUARY

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Make every day an adventure.

Western Horoscopes

You can learn more about your friends' personalities by looking at the signs of the zodiac. Look at the date they were born to find out more about their star sign.

Aquarius

20th January to 18th February
Element: Air
Birthstones: Diamond, Garnet
Flowers: Orchids, Violets
Personality: Sociable, honest and a trendsetter.

Pisces

19th February to 20th March
Element: Water
Birthstones: Amethyst, Turquoise
Flowers: Jasmine, Lilac
Personality: Sensitive, adaptable and sometimes shy.

Aries

21st March to 19th April
Element: Fire
Birthstones: Bloodstone, Diamond
Flowers: Tiger Lillies, Sunflowers
Personality: Adventurous, outgoing and trusting.

Taurus

20th April to 20th May
Element: Earth
Birthstone: Sapphire, Jade
Flowers: Iris, Nasturtiums
Personality: Reliable and calm with deep feelings.

Gemini

21st May to 20th June
Element: Air
Birthstones: Agate, Moonstone
Flowers: Daffodils, Lillies
Personality: Curious, talkative and restless.

Cancer

21st June to 22nd July
Element: Water
Birthstones: Emerald, Ruby
Flowers: Daisies, Poppies
Personality: Caring and kind, but can be insecure.



Leo

23rd July to 22nd August

Element: Fire

Birthstones: Onyx, Topaz

Flowers: Sunflowers, Hydrangeas

Personality: Ruled by their hearts, friendly and faithful.

Virgo

23rd August to 22nd September

Element: Earth

Birthstones: Carnelian, Sapphire

Flowers: Lilies, Chrysanthemums

Personality: Shy, practical and loving.

Libra

23rd September to 22nd October

Element: Air

Birthstones: Peridot, Opal

Flowers: Roses, Tulips

Personality: Happy-go-lucky and romantic, but can be indecisive.

Scorpio

23rd October to 21st November

Element: Water

Birthstones: Beryl, Onyx

Flowers: Honeysuckle, Lilies

Personality: Wise, trustworthy and sharp-witted.

Sagittarius

22nd November to 21st December

Element: Fire

Birthstones: Topaz, Amethyst

Flowers: Tulips, Alliums

Personality: Adventurous, talented and optimistic.

Capricorn

22nd December to 19th January

Element: Earth

Birthstones: Ruby, Garnet

Flowers: Chrysanthemum, Iris

Personality: Patient, hard-working and loyal.

Chinese Horoscopes

The Chinese have a different horoscope system, based on the year you were born. Their year is lunar, which means their year is based on the cycles of the moon and can begin any time between the 21st January and the 20th February on the Western calendar. If you were born between these dates, you should find out when the Chinese New Year fell in your birth year, to determine which sign you are.

Dragon

Birth years: 1988, 2000

Personality: Always ready to help your friends. Lively and bubbly.

Compatible with:

Monkey and Rat

Not compatible with: Dog

Snake

Birth years: 1989, 2001

Personality: You rely on your own instincts and like to think things through.

Compatible with: Rooster and Ox

Not compatible with: Pig

Horse

Birth years: 1990, 2002

Personality: You have loads of energy and a good understanding of other people.

Compatible with: Tiger and Dog

Not compatible with: Rat

Sheep

Birth years: 1991, 2003

Personality: Faithful to your friends. Creative and stylish.

Compatible with: Pig and Rabbit

Not compatible with: Ox

Monkey

Birth years: 1992, 2004

Personality: Clever and funny.

You like parties and entertaining your friends.

Compatible with: Dragon and Rat

Not compatible with: Tiger

Rooster

Birth years: 1993, 2005

Personality: Practical and successful. Always honest.

Compatible with: Snake and Ox

Not compatible with: Rabbit

Dog

Birth years: 1994, 2006

Personality: A great listener, you can keep a secret. Loyal to your friends.

Compatible with: Horse and Tiger

Not compatible with: Dragon

Pig

Birth years: 1995, 2007

Personality: You love to help your friends. Always hardworking.

Compatible with: Rabbit and Sheep

Not compatible with: Snake

Rat

Birth years: 1996, 2008

Personality: You are protective of your friends and love to learn new things.

Compatible with: Dragon and Monkey

Not compatible with: Horse

Ox

Birth years: 1997, 2009

Personality: Your friends can always depend on you. Sometimes shy.

Compatible with: Snake and Rooster

Not compatible with: Sheep

Tiger

Birth years: 1998, 2010

Personality: You always fight for what is right. Prefer to be alone at times.

Compatible with: Horse and Dog

Not compatible with: Monkey

Rabbit

Birth years: 1999, 2011

Personality: Popular with lots of friends. You don't like arguments.

Compatible with: Sheep and Pig

Not compatible with: Rooster

Make a Fortune Teller

Tell your friends' fortunes using this simple fortune teller.

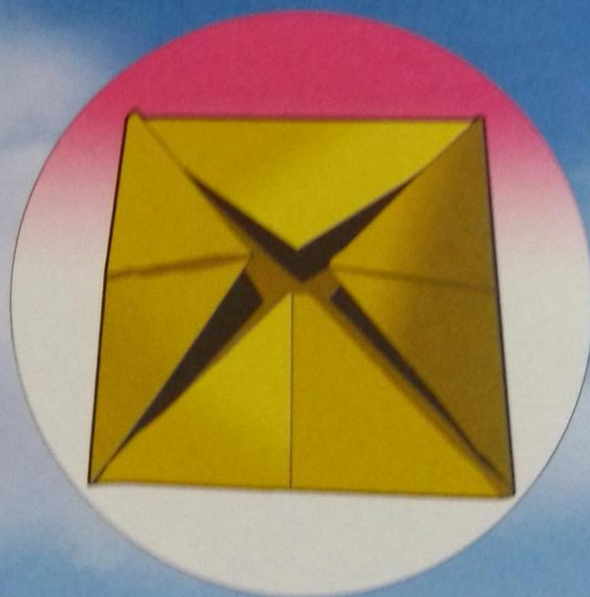
YOU WILL NEED:

- A square piece of paper
- A pen or pencil



1

Fold the piece of paper in half diagonally. Unfold it and fold again along the opposite diagonal. Then fold each corner into the centre of the square.

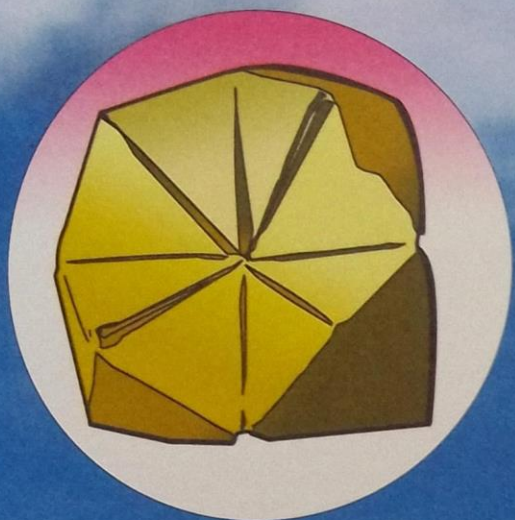


2

Turn the paper over and again, fold each corner into the centre of the square.

3

Fold it in half across the middle and unfold. Then fold it in half from top to bottom.



4

Fold-back and pull the four ends outwards, making a diamond-like shape.



5

Put your thumbs and index fingers into the base of the fortune teller.

6

You can now decorate your fortune teller. Colour each of the four outside squares a different colour.

Then write the name of a Bella Sara horse or Magical Friend on each of the eight triangles inside. Finally, lift the flaps and write a prediction under each of the eight triangles.



7

Now ask a friend to choose one of the four colours. Open and close the fortune teller back to front and right to left, as you spell out the colour. Then, ask your friend to choose one of the names visible inside the fortune, and move the fortune teller to the letters of the name. Finally, ask your friend to pick a name again, and lift the flap to read the prediction underneath. You could use the sayings of the North of North horses instead of predictions.





*Spend time with a friend.
Do something you both enjoy.*

Fun with Friends

This section should give you some great ideas for throwing a party or a sleepover for all your friends. Make sure you have your parents' permission before organising anything, and be sure to clear up all your mess afterwards!

GUEST LIST

The following people are invited to my party:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Planning and Preparing

Now you have a guest list, you're ready to invite people. Think about the following factors when planning your party:

DATE AND TIME.

Make sure to include a time for the end of the party as well, so nobody outstays their welcome!

LOCATION.

Is it at your house? In the garden? Somewhere else entirely? Make sure there is enough space for everyone you are inviting.

Ask your parents for a list of rules and make sure you stick to them. If your parents are happy with how things go, they're more likely to let you do it again!

Why not use pressed flowers (see page 84) to make some pretty invitations for all your friends?

DO YOUR GUESTS NEED TO BRING ANYTHING?

If it's a sleepover, make sure they remember to bring pyjamas, a toothbrush and a sleeping bag.

IS THERE A THEME?

There are suggestions for themes and ideas for games to play on the following pages.

Bella Sara Party

TREASURE HUNT

You might want to ask someone else to set this up for you, so that you can join in with your friends in trying to find the treasure. Otherwise, you can enjoy watching your friends as they try to solve your clues!

1

Write out or draw clues that will each lead to the next clue's hiding place.

2

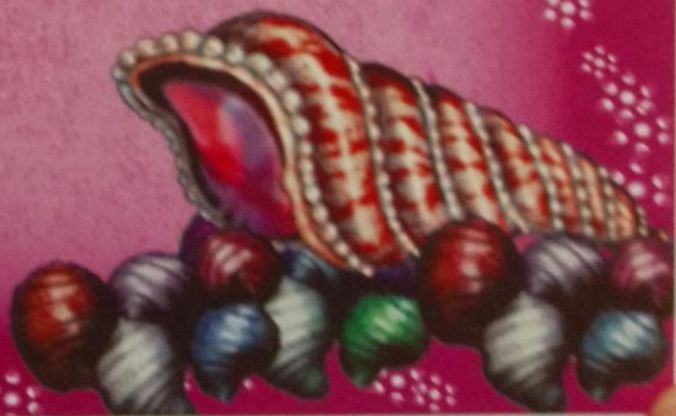
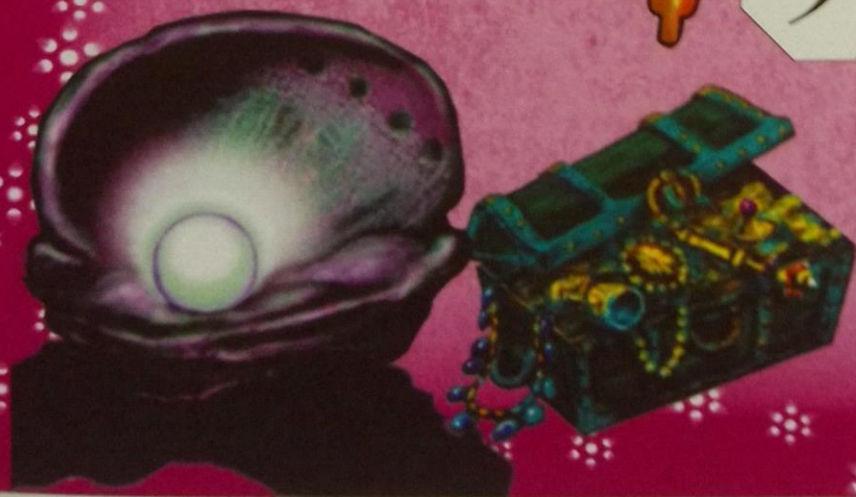
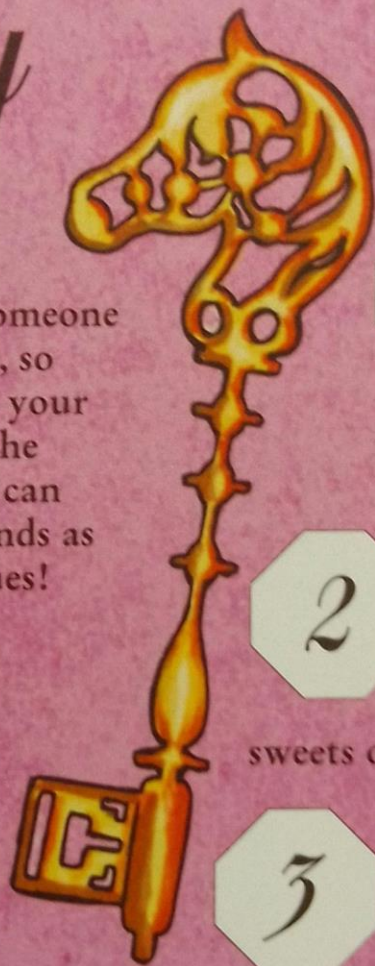
Hide the clues around the house or garden, taking care to keep out of any rooms your parents have asked you to avoid.

2

Hide the treasure at the very end. This should be something that everyone can share. Perhaps some sweets or Bella Sara trading cards.

3

Work together to solve the clues and follow the hunt to the end.



Ask everyone to bring along their collections of Bella Sara cards, as well as spares to trade. Make sure to keep them separate, as cards cannot be activated more than once. There are lots of suggestions for games to play with your cards on www.bellasara.com

Valkyrie Party

BALLADS

The Valkyrie Sisterhood write the history of their good deeds in journals called Ballads. Play this game to create your own ballads.

1

Everyone takes a blank piece of paper and writes the first line of a story along the top of it. Fold the paper over so all but the last couple of words are covered up.

2

Pass the paper to the person sitting on your left.

3

Each person uses the few words they can see to continue writing the next line of the story, without peeking at what is hidden.

4

Keep folding the paper over and passing it round, until you have all written a part of each ballad.

5

Pass the pages around once more, unfold the paper and take turns reading out the strange and wonderful ballad you have created!



Magical Friends Party

Introduce each other to your very own Magical Friends. Everyone has a favourite stuffed toy, doll or pet. Take them along, or a photograph if it's a pet, and share them with your friends. Talk about what they're called, how long you have had them and the things you do together.

WHO AM I?

Use your Bella Sara trading cards to play this game.

1. Shuffle a pile of cards and place them face down on the floor or a table.
2. The first player takes a card but does not look at it.
3. Show the card to the other players. Ask them questions with 'yes' or 'no' answers to try and guess what is on the card.
4. Questions you could ask might be: Am I a horse? Am I a Magical Friend? Am I white? Do I have wings? And so on.
5. Take turns choosing a card and trying to guess who you are.

More Games to Play

PIN THE TAIL ON THE HORSE

Choose a Bella Sara horse and draw a large picture of it with no tail. Put the picture up on a wall. Draw the horse's tail on a separate sheet of paper and cut it out. Put a pin or some reusable adhesive on the end of it. Take turns blindfolding each other and trying to pin the tail on the horse. Write each player's name on the picture in the place where they pinned the tail. The person to pin their tail nearest to the correct place is the winner.

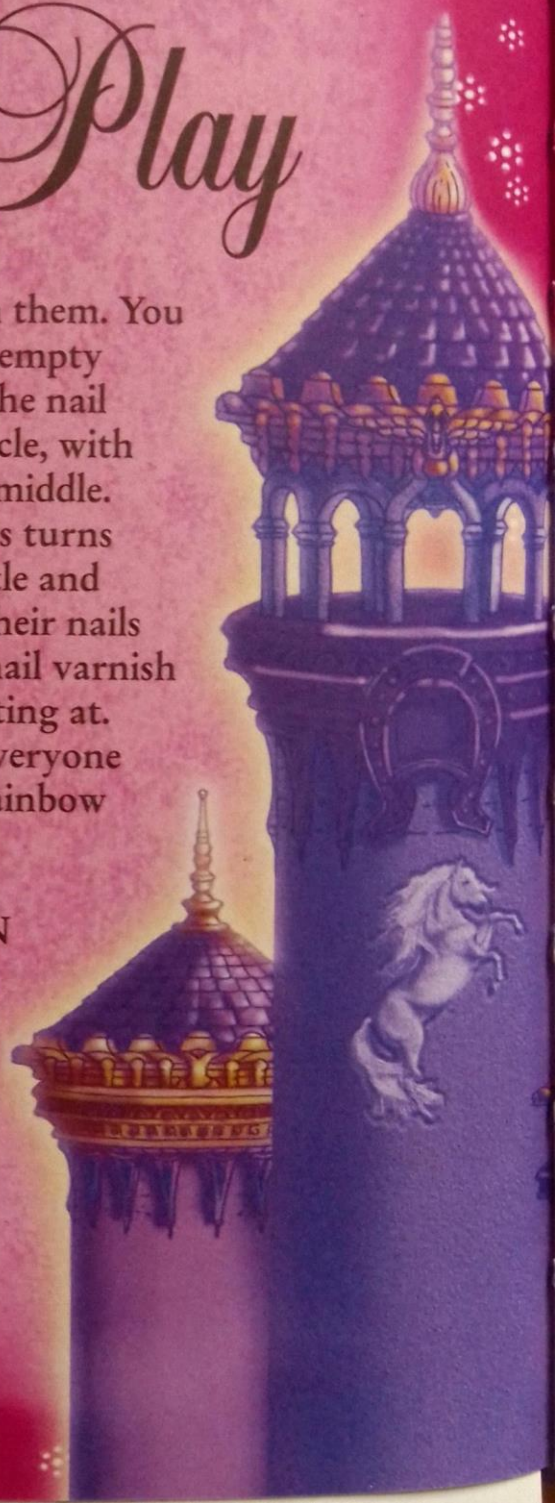
SPIN THE BOTTLE

Ask everyone to bring a different coloured nail varnish

to the party with them. You will also need an empty bottle. Arrange the nail varnishes in a circle, with the bottle in the middle. Each person takes turns spinning the bottle and painting one of their nails with whichever nail varnish the bottle is pointing at. Continue until everyone has a full set of rainbow nails!

DRAWING IN THE DARK

Give everyone a piece of paper and something to draw with. Now switch off the



lights (or all wear blindfolds if it's still light) and try to draw your favourite Bella Sara horse in the dark. The winner is the person whose drawing looks most like an actual horse!

TRUTH OR DARE

Give everyone a couple of strips of paper each. Ask them to write a question on one and a dare on the other, then fold them in half. Put all the strips of

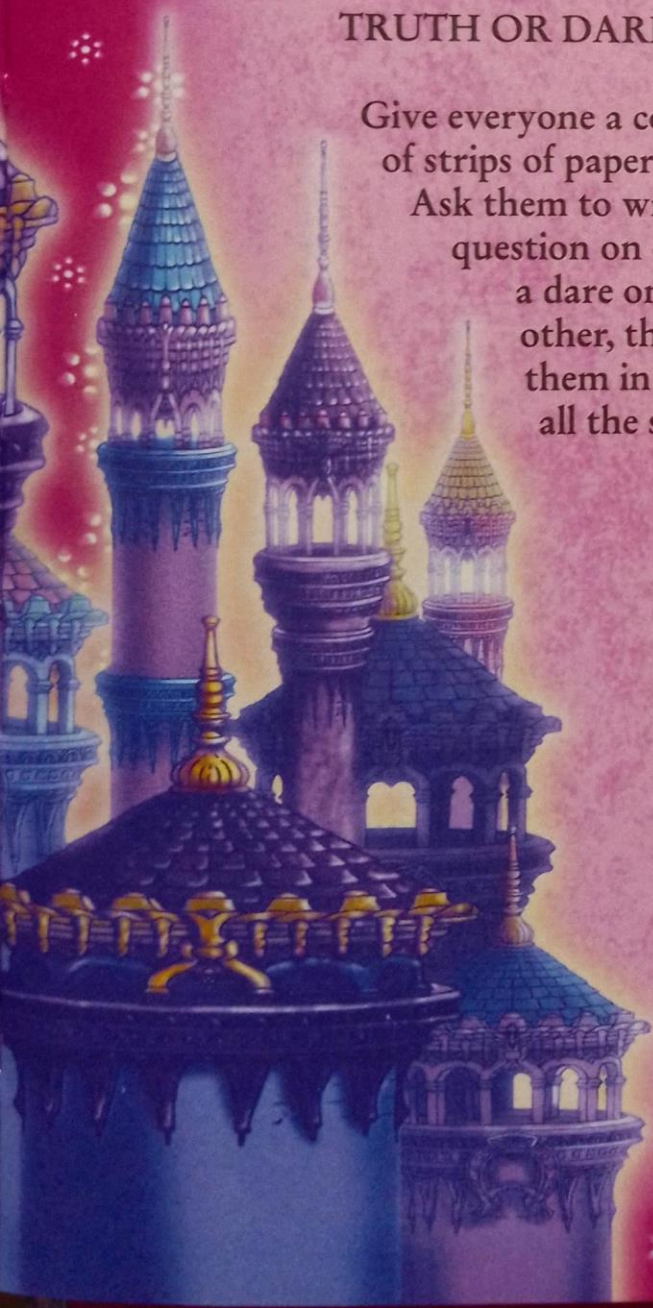
paper in a bowl, then take turns pulling one out. You must then answer the question or do the dare that you have chosen.

MY MAGICAL FRIEND

This game is similar to the Ballads game on page 112, but uses drawing instead of writing. Everyone sits in a circle with a piece of paper and a pen each and draws the head of their Magical Friend. Fold the paper over so only a bit of the neck is showing, and pass it to the person on your left. Everyone takes turns drawing the arms, then the middle, the legs and finally the feet, folding and passing the paper on to their left each time. Unfold the papers to reveal some crazy Magical Friends!

BELLA'S BEAUTY BOX

Ask everyone to bring all their make-up and accessories to the party with them and give each other makeovers. Make your friends look completely different by trying new hairstyles and experimenting with unusual make-up!



Dream Diary

ANGELS
you could be lucky
in love!

KEY
a dream key means you're
trying to solve a mystery in
your real life.

CAKE
life has some treats in
store for you.

FRIENDS
you will receive good news.

SEA
are you feeling overwhelmed
by something?
Try and relax.

LADDER
unexpected good luck.

SNOW
you will get a letter.

If you are having a sleepover, ask everyone to write down what they dream about, then take a look at this checklist to see what the dreams mean.

DANCING
money is coming your way.

FLYING
success is due for you.

HEAT
dreaming of being hot means
you could be worried about
something.

SHOUTING
you want to let everyone
know how you're feeling.

HORSES
news is coming to you,
maybe from far away.

TREE
climbing a tree means
you'll be lucky.

RAINBOW
a happy change will
happen soon.



*Find something about
this moment that makes you laugh.*



*You are in this world to
make it better.*

Friend of the Earth

All those who live in North of North, whether human or animal, care deeply for the world they live in. There are lots of ways in which you can help care for the world you live in, too. Follow some of the suggestions over the next few pages to be a friend to your world, as well as those who live in it.

Choose at least three things you can do and make a pledge with your friends to keep doing them.

We, _____

(names) agree to do our best to be good friends to the world we live in, by always doing the following:

1 _____

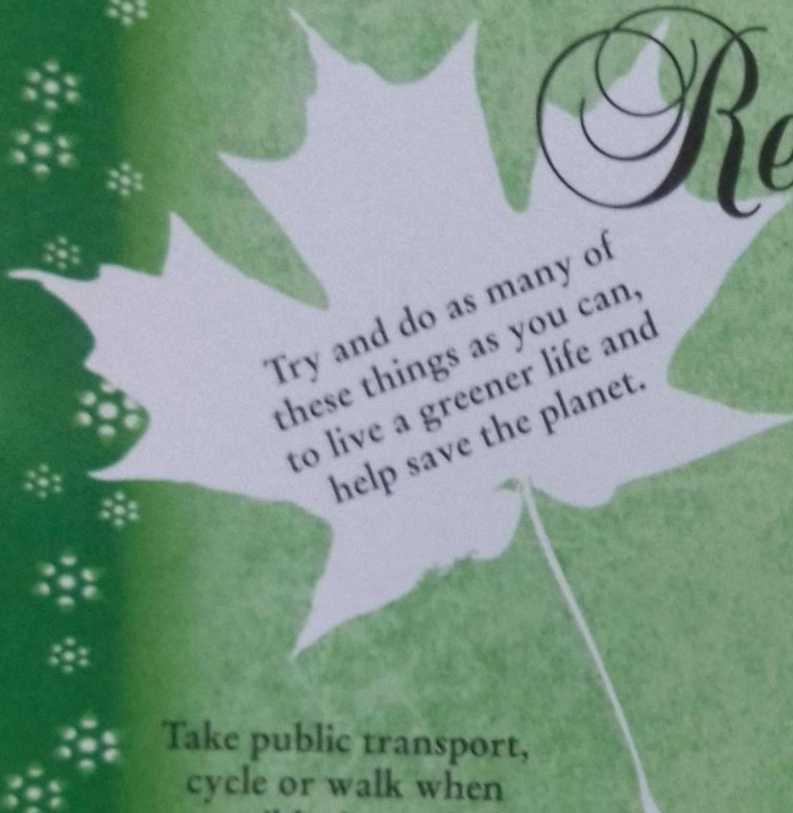
2 _____

3 _____

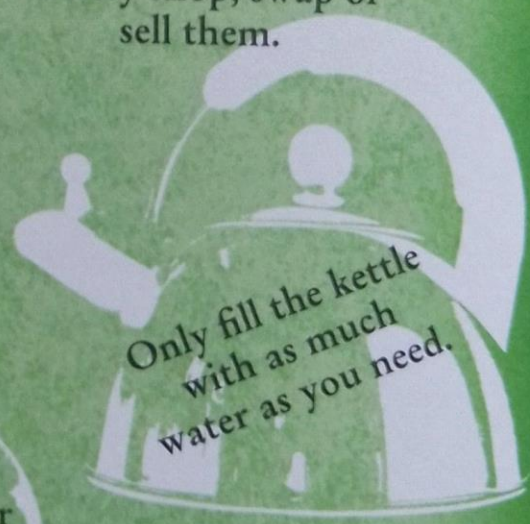
We understand that every little helps and commit to doing our bit.

Signed,

Reduce, Reuse, Recycle



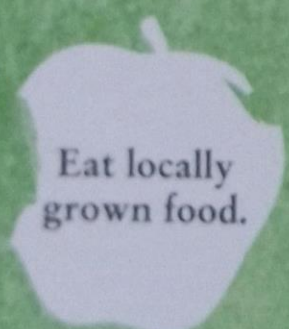
Try and do as many of these things as you can, to live a greener life and help save the planet.



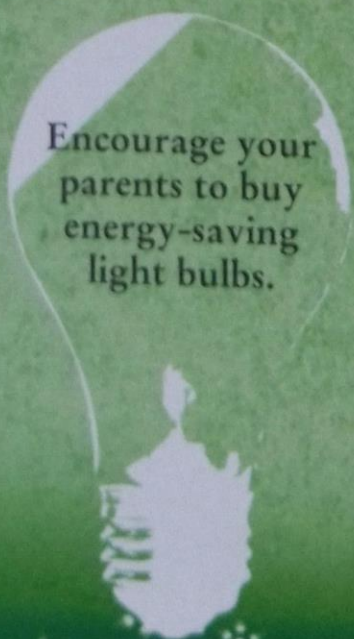
Don't throw old clothes, books and toys away, give them to a charity shop, swap or sell them.

Take public transport, cycle or walk when possible, instead of travelling by car.

Only fill the kettle with as much water as you need.

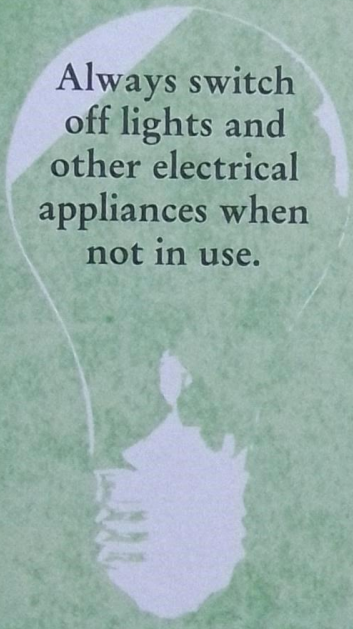


Eat locally grown food.



Encourage your parents to buy energy-saving light bulbs.

Shower instead of bathing to save water.



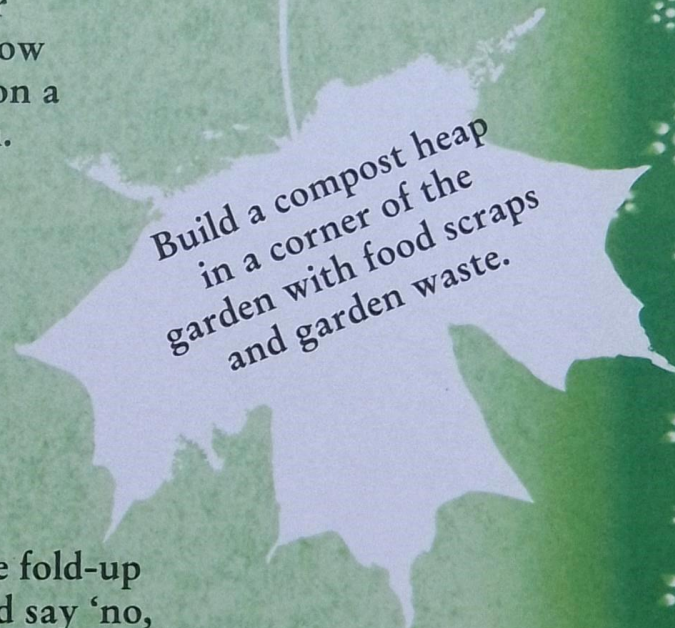
Always switch off lights and other electrical appliances when not in use.

Find out about recycling in your area and recycle as much household rubbish as possible.

Dry your washing outside instead of in a tumble dryer.

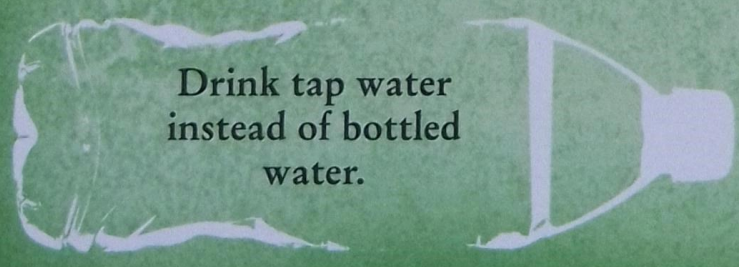
Wash your clothes at a low temperature on a short wash.

Put on a jumper instead of turning the heating up in your home.



Build a compost heap in a corner of the garden with food scraps and garden waste.

Carry a reusable fold-up bag with you and say 'no, thank you' to plastic bags when you go shopping.



Drink tap water instead of bottled water.

Encourage your parents to buy environmentally friendly cleaning products.

One Girl's Junk...



One way to recycle old clothes is to swap them with your friends. Why not throw a clothes-swapping party? Invite your friends round and ask them each to bring any clothes that no longer fit them or they don't like. Make sure you all ask your parents' permission before giving away your clothes!



You could also give your clothes a fresh new look by decorating them with fabric pens or paints. Try tracing the pictures above on to a T-shirt or experimenting with your own designs.



*You already know what to do.
Go ahead and do it!*



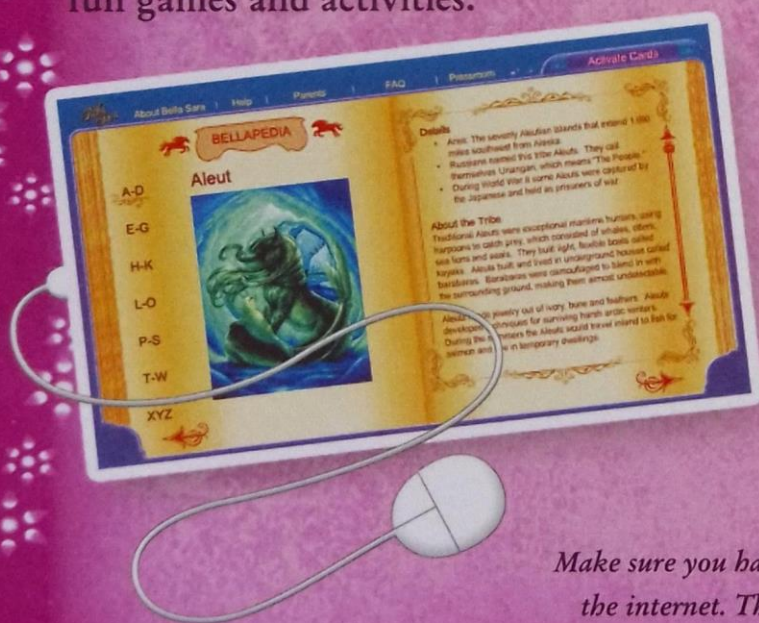
*Think positive every day! Feel the
bliss of joy and energy that comes with it.*

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